

Medical Tribune

and Medical News

world news of medicine and its practice—fast, accurate, complete

Wednesday, April 26, 1972
Vol. 13, No. 17

The rest cure vs. the two-way action of Librax

Each capsule contains 5 mg chlorthalidone HCl
and 2.5 mg cimetidine Br.

One prominent physician* has observed that many a man with a duodenal ulcer loses his symptoms the day he shuts up the office and starts out on a vacation.

The problem is, the type of man likely to have an ulcer is the type least likely to take long vacations. Or take it easy at work.

Still, the excessive anxiety must be dealt with. And here is where the dual action of adjunctive Librax® can help.

Naturally, there's more to the treatment of duodenal ulcer than a prescription for Librax. The patient — with your guidance — will have to adjust to a different pattern of living if treatment is to succeed.

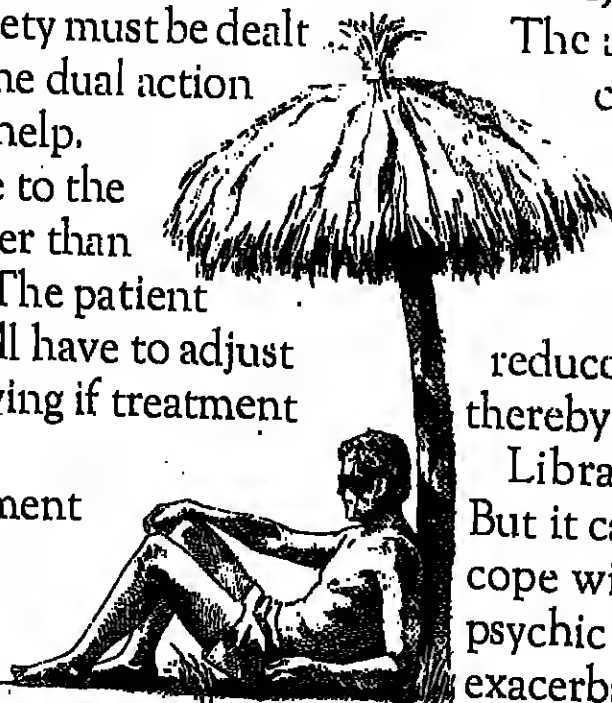
But during this adjustment period, 1 or 2 capsules of

adjunctive Librax, 3 or 4 times daily can help establish a desirable environment for healing.

Librax is the only drug that combines the antianxiety action of Librium® (chlordiazepoxide HCl) with the dependable antispasmodic/anticholinergic action of Quarzan® (cimetidine Br).

The action of Librium helps to reduce excessive anxiety and thus helps protect the vulnerable patient from the overreaction to stress that "clutches his stomach."

At the same time, Quarzan acts to reduce hypermotility and hypersecretion—thereby helping to quiet the hyperactive gut. Librax: It's no substitute for a rest cure. But it can make it easier for your patients to cope with the discomforts of stress—both psychic and gastric—that can precipitate and exacerbate the symptoms of duodenal ulcer. Librax: Rx #60, 1 cap. t.i.d. a.c. and 2 h.s.



*Alvarez, W. C.: The Neuroses: Diagnosis and Management of Functional Disorders and Minor Psychoses, Philadelphia, W. B. Saunders Company, 1951, p. 384.

Before prescribing, please consult complete product information, a summary of which follows:
Contraindications: Patients with glaucoma, prostatic hypertrophy and benign bladder neck obstruction, known hypersensitivity to chlorthalidone hydrochloride and/or cimetidine bromide.

Warnings: Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering Librium (chlordiazepoxide hydrochloride) to known addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards. As with all anticholinergic drugs, an inhibiting effect on lactation may occur.

Precautions: In elderly and debilitated, limit dosage to smallest effective amount to preclude development of ataxia, over sedation or confusion (not more than two capsules per day initially; increase gradually as needed and tolerated). Though generally not recommended, if combined therapy with other psychotropics seems

Indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Vari-

in the treatment
of duodenal ulcer
adjunctive
Librax®

Each capsule contains 5 mg chlorthalidone HCl
and 2.5 mg cimetidine Br.

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Roche Laboratories
Division of Hoffmann-La Roche Inc.
Nutley, N.J. 07110

able effects on laboratory animals have been reported very rarely in patients receiving the drug and oral and parenteral use should be avoided in patients with known hypersensitivity to the drug.

Adverse Reactions: Most of the effects or manifestations seen with either component alone have been reported with Librax. When chlorthalidone hydrochloride is used alone, drowsiness, dizziness and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment. In a few instances syncope has been reported. Also encountered are isolated instances of dry mouth, edema, minor renal tubular irregularities, increased and decreased blood counts and liver function tests, decreased blood pressure, and decreased ECG patterns (low voltage T waves) may appear during and after treatment. Blood dyscrasias, including agranulocytosis, jaundice and renal dysfunction have been reported occasionally with chlorthalidone hydrochloride, making periodic blood counts and liver function tests advisable during protracted therapy. Adverse effects reported with Librax are typical of anticholinergic agents, i.e., dryness of mouth, blurring of vision, urinary hesitancy and constipation. Constipation has occurred most often when Librax therapy is combined with other spasmolytics and/or low residue diets.

Direct Implications for Cancer Therapy

Tumor Kept Dormant by Denying Blood

Medical Tribune Report

CLEARWATER BEACH, FLA.—A newly proved ability to maintain a tumor in a dormant state in vivo by denying it a blood supply has direct implications for cancer therapy, the surgeon who did the experimental work reported here.

He is the same investigator who showed in the first place that a solid clump of malignant cells exudes a tumor angiogenesis factor (TAF) that "summons" the growth of capillary vessels to it.

Now, with the new experimental results, said Dr. M. Judah Folkman, one approach to solid tumor therapy becomes the finding of an "antiangiogenesis" agent, perhaps an antibody to TAF.

Dr. Folkman, surgeon-in-chief at the Children's Hospital Medical Center, Boston, reported the latest from his angiogenesis work at the American Cancer Society's 14th Science Writers Seminar.

The successful antiangiogenesis experiment was a matter of spatially isolating a tumor so that its TAF had no capillaries near enough to attract.

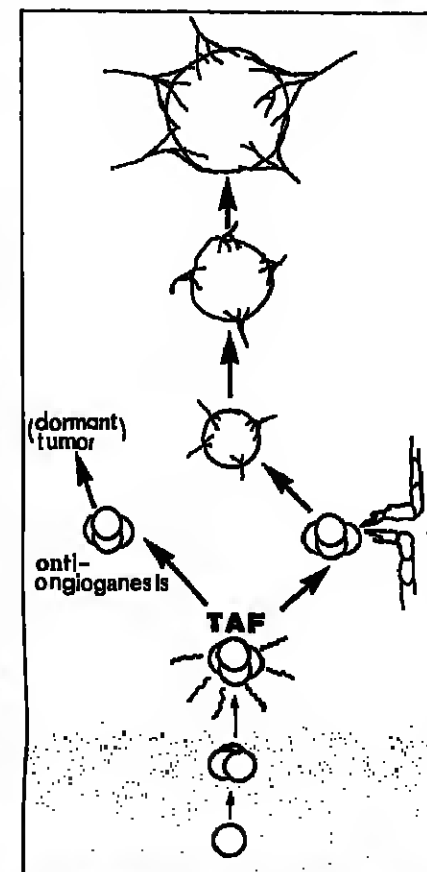
The crucial distance for this is about 3 mm. So Dr. Folkman and associates implanted Brown-Pearce carcinoma in the anterior eye chamber of a rabbit, tethering the implant with a bit of fibrin attached to the back of the cornea. This suspended the tumor more than 3 mm. from the iris, the nearest capillary source.

In this preparation, the implant grows to about 0.8 mm. and then stops. That is

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Dr. FOLKMAN



Growing tumor can reach million-cell size without capillary aid. Tumor angiogenesis factor (TAF) must summon capillaries for more growth. Antiangiogenesis, perhaps an antibody to TAF, keeps tumor at pinhead size, fed only by diffusion processes.

IUD Containing Progesterone Is Backed by a Study of 109

Medical Tribune World Service

GENOA, ITALY—A two-to-10-month study of 109 women has confirmed the efficacy and validity of the intrauterine progesterone device, Dr. Antonio Scommegna of Chicago reported here at a International meeting on "Medical and Social Problems of Fertility Control."

Dr. Scommegna, of the Michael Reese Hospital and Medical Center and the Pritzker School of Medicine, said that one of the patients, ranging in age from 18 to 35, conceived while an intact progesterone device was in situ.

Although additional research has to be conducted, he said, the study demonstrated that this device is an "attractive alternative" to both the classic I.U.D. and systemic hormonal contraception.

"A regular menstrual cycle was preserved in all patients, and the incidence of uterine cramps, intermenstrual bleeding, and spotting was markedly reduced, these events being limited mainly to the first month of insertion," he reported.

The Tatum "T" device, developed by Dr. Howard J. Tatum, associate director,

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Ultrasonography

Echo Patterns Reveal Kidney Illness Early

Medical Tribune Report

COLORADO SPRINGS, COLO.—Ultrasonography can provide a wide range of information useful in the diagnosis of renal pathology, and the simplicity of the technique makes it valuable for following day-to-day progress during therapy, a regional meeting of the American College of Physicians was told here.

In addition, since x-ray and isotope studies both depend on uptake of dye or isotope by the kidney, ultrasonography is often the only method of evaluation in the severely uremic patient, according to Dr. Joseph H. Holmes, Professor of Medicine and head of the division of renal diseases at the University of Colorado Medical Center.

In polycystic kidney disease, ultrasound gives a very characteristic echo pattern, he declared, and this pattern is often seen earlier than can be detected by other diagnostic techniques. The pattern is characterized by an enlarged kidney outline with intersecting echo lines surrounding irregular clear black areas of different size and shape, he said.

In a study of 64 members of a polycystic-kidney family, 35 had positive diagnostic features for polycystic kidney by ultrasound, while only 15 had a pattern on the routine intravenous pyelogram that the radiologist considered suspicious of polycystic kidney disease, he reported. Ultrasound also picked up the typical pattern of polycystic disease at an earlier age, thus making genetic counseling a feasible procedure, the physician said.

In differentiating between renal cysts and tumors, an accuracy of only about 60 to 70 per cent has been obtained with ultrasonography, but the procedure can nevertheless be helpful in making a decision regarding surgery, he maintained.

Visualization of the kidney with ultrasound can also assist in the proper placement of the biopsy needle, and can be used

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Dr. HOLMES

Games Hospital Employees Play



To help orient its employees on new isolation procedures, San Francisco's Mount Zion Hospital and Medical Center used role playing. Nancy Knudson, R.N., hosts panel with "protective isolation bug" (hospital aide Al Prince).

Smallpox Vaccination of Hospital Aides Urged

Medical Tribune Report

ATLANTA, GA.—The importance of vaccinating all medical and hospital personnel against smallpox has been emphasized by the Center for Disease Control.

The CDC warning was issued following the spread of smallpox in three general hospitals in Bologna.

During the recent outbreak of the disease in Yugoslavia, a number of patients were placed in the hospitals without quarantine. This resulted in the closing of the hospitals.

In a memorandum to the American Hospital Association, the CDC asked that

its members take steps to make certain all staff members are immunized, a spokesman said.

"Usually, the second generation of smallpox cases occurs in hospitals," the CDC spokesman explained, each incubation period following an outbreak representing a generation.

Vaccine Distribution Reduced

Meanwhile, the CDC noted that a significant reduction in the amount of smallpox vaccine distributed in the United States has occurred since last September, when the Surgeon-General of the Public

Service recommended that routine smallpox vaccination be discontinued.

A reduction also has been seen in the number of Vaccinia Immune Globulin (VIG) requests for the prophylaxis or treatment of smallpox vaccination complications, the CDC said.

An estimated 75 per cent reduction in the number of smallpox vaccinations given in the U.S. has taken place, it said.

Only four states still have both a mandatory smallpox requirement for school entrance and a state health department policy supporting routine vaccinations.

Drain of Physicians From Britain Found To Be on the Wane

Medical Tribune World Service
From British Edition

LONDON—British doctors may be deciding at last to stay in their own country after graduating.

Latest figures show that for the first time in a decade the percentage of British graduates filling junior hospital posts has risen.

Before this, registrar and senior house officer posts had been increasingly occupied by foreign graduates.

"We think we are seeing the beginning of a change in trend," Dr. Elizabeth Shore, a senior medical officer in the Department of Health, told MEDICAL TRIBUNE.

The rise in senior house officers is quite dramatic. The registrar increase is small, but it is the first time in years that the number has gone up instead of down.

Dr. John Kilgour, also a senior medical officer in the Department of Health, told MEDICAL TRIBUNE that only from a perspective five years in the future would it be possible to tell exactly what is happening.

Brain Drain Drying Up

Present indications, however, are that the brain drain from Britain is drying up. What is more, it appears that more doctors are returning from overseas.

The reasons for the changing trend have not yet been fully analyzed. But one explanation for the waning pull of America is that the money taps for research there are being turned down by an Administration beset by an enormous budgetary deficit. Medical research is one of the most obvious areas for the expenditure cuts.

"This does not mean to imply that there is ample money for research in this country," said Dr. Kilgour. "But the pull of America in terms of money and status has been lessened."

Fear of VD Spread From G.I.s In Australia Called Unfounded

Medical Tribune World Service

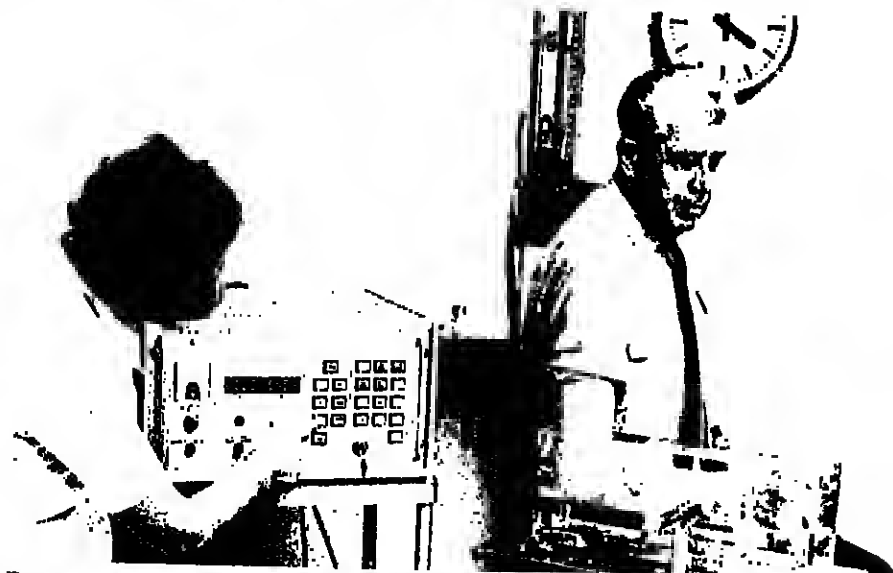
SYDNEY, AUSTRALIA—Fears current in Australia at one period that American soldiers on leave from Vietnam would increase the incidence of venereal disease infection have proved unfounded. The "rest and recreation" leave system ended in January after three years' operation.

Dr. E. S. A. Meyers, Now South Wales director of health services, told MEDICAL TRIBUNE here that infection turned out to be in the other direction.

"At first there were demands that G.I.s coming home be confined to barracks for 10 days' quarantine and that searching medical examinations be carried out on their arrival at Sydney airport," he said.

"Later, it was the American authorities who sought help from police and public health officials here to prepare a blacklist of Sydney girls transmitting venereal disease to the servicemen," he said. Girls on the list were asked to submit to medical tests and treatment.

Bone Scanner Gives Immediate Result



During testing of bone mineral content with the new device, patient places arm into tank situated above the scanner. Results appear numerically in the readout window, left.

Scanner Measures Absorption Of Gamma Rays, Bone Mineral

Medical Tribune World Service

NYKOPING, SWEDEN—A bone scanner that measures gamma ray absorption to determine mineral content has been developed here by AB Atomenerg.

It is claimed to be superior to conventional techniques for in vivo bone-mineral determination, such as chemical analysis of small bone samples and roentgenologic examination. A 30 per cent mineral content reduction is often necessary to show a definite indication on an x-ray, without the use of costly photometric methods, the developer noted.

The new device is said to provide a valuable means for detecting a low bone mineral content at an early stage and for

judging the effects of medical treatment. The scanner, intended for both clinical and research use, consists of a scanning module and a control/computer module. Scanning may be either automatic or manual with either one or two isotopes. With one isotope, water is used to eliminate the influence of the soft tissue. With two isotopes, no water is required. However, the scanner is mainly intended for measuring the mineral content of the ilium, radius, and calcaneus, so that the one-isotope method would be commonly used.

Limbs Placed In Water Tank

During a bone-mineral test with one isotope, the limb is placed in a plastic water tank at top of the scanner module. The radioactive source emits a collimated beam of gamma rays through the limb to a radiation detector. The gamma beam is moved across the limb a number of times with a predetermined movement sideways between scans. In this way, a considerable part of the limb can be examined.

The control/computer module computes the bone width and mineral content. Values are shown numerically in a readout window also containing a digit position stating the code number of the isotope used.

The bone scanner was sold by its developer to have great potential in connection with automated hospital equipment.

Computer Being Utilized To Diagnose Mental Ills In Italy, Held Accurate

Medical Tribune World Service

PISA, ITALY—A step towards demonstrating that the computer can be applied to diagnosis of mental disease has been taken at the Psychiatric Clinic of the University of Pisa here by Dr. Giovanni B. Casandri and a team of psychiatrists.

In a trial of 516 hospitalized psychiatric illnesses of 393, or 76 per cent, he reported.

The screening was done with a test linked to a time-sharing 360/67 IBM computer, using a multidimensional psychiatric scale, composed of about 80 questions that were put to the patient by interviewer.

Mental State Is Probed

The questions—which can be asked nonmedically personnel, Dr. Casandri said—probe the patient's mental state and a psychiatric profile that is used by computer to draw up its diagnosis.

The questions include: "Does the patient speak slowly, carefully, or with difficulty?" "Does he manifest signs of emotional lability?" "Does he have difficulty remembering events of the last week?" "Does patient try to dominate, control, or discuss?"

Of the 516 patients checked by the computer, Dr. Casandri said, 141 cases of depression were diagnosed out of 186, 27 patients out of 30 suffering from mania, 13 out of 20 patients in manic psychosis, 67 out of 86 schizophrenic patients, 46 out of 124 psychoneurotic patients, 13 out of 16 personality disorders, 29 out of 47 abnormal psychotics.

Number of Women Smokers In Israel, Rate for Men Slips

Medical Tribune World Service

TEL AVIV—The number of women smokers (above the age of 18) here has increased from 13 per cent in 1958 to 17 per cent in 1970, according to a report published by the Israel Government Central Bureau of Statistics. The rate of men (above the age of 18) was 48 per cent in 1970, the same figure in 1958. Most of the smokers—90 per cent of the men and 97.5 per cent of the women—smoked cigarettes.

European Gynecologists See No Link of 'Pill,' Cancer

Medical Tribune World Service

VIENNA—There is still no evidence in link the contraceptive pill with cancer, members of the International Association of European Gynecologists concluded at a meeting here.

At a press conference at the close of the two-day meeting, a spokesman said there was general agreement among members that the pill today is far safer, in terms of possible side effects, than it was a few

years ago, while its effectiveness remained high.

However, the physicians passed a resolution that the pill should not be used without a prescription, and they also advised that women taking the pill should be examined every three months.

The association groups gynecologists from all of the countries in the European Market, as well as from Switzerland and Austria.

Pemoline May Aid Child With Brain Dysfunction

Medical Tribune Report

NEW YORK—In the treatment of children with minimal brain dysfunction, a new investigational drug, pemoline, has been shown to alleviate hyperactivity and increase scores on the performance scale of the Wechsler Intelligence Scale for Children, according to a continuing study reported here by Dr. J. Gordon Millichap, Professor of Neurology and Pediatrics at Northwestern University Medical School.

A single daily dose of pemoline, a weak central nervous system stimulant, may be given each morning, offering advantages over methylphenidate and dextroamphetamine, which have a shorter duration and are administered twice daily. Dr. Millichap told a Conference on Minimal Brain Dysfunction sponsored by the New York Academy of Sciences and the National Institutes of Health.

He noted, however, that methylphenidate at present remains the agent of choice.

Among drugs reported in various studies to be of value in the treatment of hyperkinetic behavior and minimal brain dysfunction in children, he reported, the C.N.S. stimulants are the agents of choice. In patients who fail to respond to them, the antianxiety and antipsychotic compounds are recommended as alternative therapies.

"The antidepressant imipramine and the anticonvulsant diphenylhydantoin are also beneficial in some cases, whereas barbiturates, such as phenobarbital, usually exacerbate hyperactivity and are contraindicated," Dr. Millichap said.

The ideal drug, he said, should control hyperactivity, increase attention span, reduce impulsive and aggressive behavior, and have measurable beneficial effects on visual and auditory perception, reading ability, and coordination without inducing insomnia, anorexia, drowsiness, or other more serious toxic effects.

Drugs Listed by Preference

Dr. Millichap listed the drugs reported of value, in order of preference on the basis of efficacy and toxicity, as follows: methylphenidate, amphetamine, chlorazepate, thioridazine, chlorpromazine, and reserpine.

Methylphenidate, he said, is initiated with a dosage of 0.25 mg./Kg. daily, given in two divided doses at breakfast and lunch. The dose is doubled during each successive week of treatment up to an average optimum level of 2.0 mg./Kg. of body weight daily, "provided untoward effects are not observed." The dosage is monitored on the basis of the responses reported by parents or school teachers and by re-examination of the child after two to four weeks of treatment.

A neurologic battery of tests should be repeated, Dr. Millichap said, at intervals of three to four months in order to measure improvements on perception objectively.

He pointed out that, "in view of the absence of controls in long-term therapy, the treatment should be interrupted at intervals" and the effect of withdrawal observed. A relapse in behavior and deterioration in school grades following withdrawal, he said, are indications for repeated short-term trials.

In patients who develop tolerance to the effects of methylphenidate or those whose parents or teachers report no improvement and whose neuropsychologic tests are unchanged, "an alternative medication, such as dextroamphetamine or imipramine, should be substituted."

Bleeding Source Seen In All

In 41 patients with acute upper GI bleeding, the probable source of bleeding was documented by endoscopy in every case, while the "emergency" upper GI series diagnosed only 14 lesions in the 38 patients on whom it was performed.

Endoscopy documented the probable cause in 26 of 41 patients with epigastric pain, while only 10 lesions were seen radiographically. The upper GI series also gave four false-positive diagnoses.

In the 13 patients with chronic bleeding, the probable cause was determined endoscopically to five patients and radiographically in only two. Endoscopy was normal in all five asymptomatic patients studied because of the finding of an abnormal upper GI series, and these cases were considered false-positive upper GI radiographic diagnoses.

Among the 100 patients studied, there were 22 duodenal ulcer patients with documented ulcer craters. Twenty craters were seen endoscopically and only 10 radiographically. Endoscopy appeared even more impressive on reviewing the number of craters per patient, the physicians said. Forty per cent of patients had more than one crater endoscopically, while radiography failed to report more than one crater in any case. Endoscopy found associated generalized bulbitis in 80 per cent of ulcer patients. Bulbitis without ulcer crater was found in 13 patients endoscopically and in four patients radiographically.

Surgeon Moves to Unionize Bay Area Doctors

Medical Tribune Report

SAN FRANCISCO—A campaign to organize a labor union of Bay Area physicians affiliated with the A.F.L.-C.I.O. has been launched by Dr. Sanford A. Marcus, Clinical Instructor in Surgery at the University of California Medical Center here.

He said that he regards the effort as a "public education gesture" at first, but he ultimately expects "a working union, like the teamsters and the longshoremen."

Dr. Marcus, who has his office in Daly City, has written to 5,000 members of the

San Francisco, San Mateo, and Alameda-Contr Costa medical societies and has received over 600 replies, most favoring the idea of a union, he said.

He wrote that "the crisis of the American physician" is not merely Government intervention but "the unspoken matter of redistribution of wealth, with many other segments of society tacitly agreeing that physicians are simply making too much money."

"From a position that was once respected and unassailable," he complained, "we have been dragged down... reduced progressively to the role of public functionaries, accorded no more distinction than that given to policemen or letter carriers, subject to the whim of every politician or pressure group."

Even if nationalization of medicine is inevitable, he said, "physicians can and must resist the forces that would literally cut our take-home pay. This can only be accomplished by unionization. . . . What we need is an organization to place a floor beneath our incomes, one that is commensurate with our value to society."

Dr. Marcus disclosed in a telephone conversation that he sounded out both the

American Medical Association and the A.F.L.-C.I.O.

He said that the A.M.A. flatly opposes unionization of doctors for any reason, and that on side to George Meany, A.F.L.-C.I.O. president, told him that a physicians' union is "inappropriate" at present because doctors come under the heading of "employees."

Dr. Marcus quoted Mr. Meany's letter as saying, however, that "in five to 10 years, when most of you are employees, we will be very interested in you."

Physicians' unions have sprung up in a number of American communities—the closest one being in Las Vegas, Nev. There are none in California.

The view of many of these physicians is that they have become part of an "industry" in which third parties have usurped some of their traditional roles, including fee setting and billing.

These physicians refer to themselves as "captive professionals," in the phrase of Paul Goodman, the author. They say they can be compared with barber proprietors whose haircut prices are governed by unions—in their case, by Government, hospitals, and insurance firms.

Getting Ready to Travel Again



Recent pacemaker patient, who celebrates 100th birthday this May, wishes departures from Newark Airport. Physicians from Newark Beth Israel Medical Center performed procedure. He attributes longevity to walking and a little whiskey before meals.

Man Near 100th Birthday Gets Implant of Cardiac Pacemaker

Medical Tribune Report

NEWARK, N.J.—An Irvington, N.J., man who will celebrate his 100th birthday on May 12 received a cardiac pacemaker implant at Newark Beth Israel Medical Center on March 23.

He planned to fly to St. Louis the week after operation to visit his sister and a son—a trip he has made every two years unaccompanied.

The patient had complained of being unusually tired after his daily five-block walk, but his family had ascribed his complaints to age. When the fatigue persisted, he jokingly suggested that his daughters might "take me to a doctor to get some new blood."

A physical examination showed that he was suffering from heart-block and that the rate of heart beat was far below normal. He was taken to Newark Beth Israel Medical Center, where a permanent battery-powered pacemaker was implanted under the skin in the area of the chest. The next morning the patient was walking up and down the corridor outside his room.

Was Prospector In Gold Rush

The patient, who has two sons, three daughters, 57 grandchildren and great-grandchildren, said a great-great-grandchild, was a prospector during the Alaskan gold rush, a crewman on a whaling ship, and a gambling-house employee in San Francisco in the year of the earthquake. After settling down in Irvington he conducted a moving van business.

The patient attributes his longevity to walking and taking an eighth of an ounce of whiskey before each meal. A hereditary factor is suggested, however, by the fact that a grandfather lived to be 117 years old.

Cot Deaths Still a Puzzle; Mouth Derangement Cited

Medical Tribune World Service

LONDON—Cot deaths are still a mystery. Dr. Francis E. Camps, of London Hospital Medical College, told a British Medical Association Board of Science Seminar on Death. Although five children die in this way every day in the United Kingdom, no consistent findings come to light at post mortems, he said.

Broadly speaking, two theories have been popular in the past—the virus theory and the milk allergy theory—but a third theory now seems attractive, he said. This is that cot deaths may be tied up with some neuromuscular mouth-opening derangement.

From the general practitioner's point of view, one of the most important things he has to do is to try to help parents over the profound psychological upset that they experience after having had to cope with a "sudden unexpected death of infancy."

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CLINICAL NEWS NOTE: "Almost all cases [of aplastic crises] in the present series occurred before the age of 14 years. Only two cases occurred over the age of 14 years." (Dr. Graham R. Serjeant; see page 9.)

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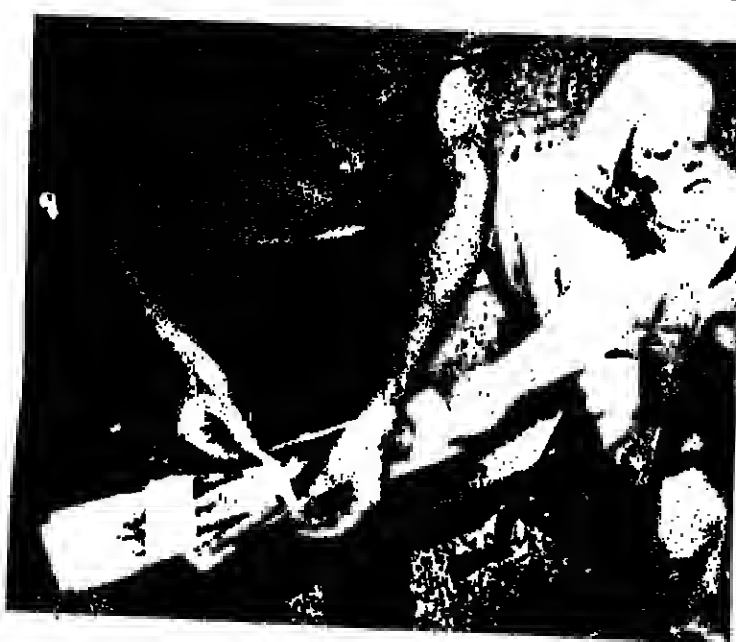
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If the patient is overanxious one to two hours prior to surgery, the anxiety

can be relieved with 10 mg of Injectable Valium (diazepam) I.M.



Injectable Valium (diazepam) is a useful premedicant for reducing undue anxiety. Recall of preoperative procedures is markedly diminished. When given in conjunction with narcotics, a reduction of narcotic dosage should be considered. (See summary of prescribing information.) Injectable Valium should not be mixed with other drugs, solutions, or fluids. The new 10-mg disposable syringe can help you observe this precaution at the same time it helps assure aseptic handling. Injectable Valium seldom significantly alters vital signs. Nevertheless, there have been infrequent reports of hypotension and rare reports of apnea and cardiac arrest, usually following I. V. administration. Resuscitative facilities should be available.

To relieve excessive preoperative anxiety, remember Injectable Valium (5 mg/ml)—2-ml ampule, 10-ml vials, and the new 2-ml Tel-E-Ject™ (disposable syringes).

Additionally, Injectable Valium (diazepam) can

diminish recall of the preoperative procedure.

Before prescribing, please consult complete product information, a summary of which follows:

Indications: Tension and anxiety states; somatic complaints which are concomitants of emotional factors; psychoneurotic states manifested by tension, anxiety, apprehension, fatigue, depressive symptoms or agitation; symptomatic relief of acute agitation, tremor, delirium tremens and hallucinations due to acute alcohol withdrawal; adjunctively in: relief of skeletal muscle spasm due to reflex spasm to local pathology; apasticity caused by upper motor neuron disorders; athetosis; stiff-man syndrome; tetanus; status epilepticus and severe recurrent seizures; anxiety

prior to gastroscopy, esophagoscopy, and surgical procedures; cardioversion (I.V.).

Contraindicated: In infants; in patients with known hypersensitivity to the drug; in acute narrow angle glaucoma; may be used in patients with open angle glaucoma receiving appropriate therapy.

Warnings: Inject I.V. slowly, directly into vein; take at least one minute for each 5 mg (1 ml) given. Do not mix or dilute with other solutions or drugs. Do not add to I.V. fluids. Rare reports of apnea or cardiac arrest noted, usually following I.V. administration, especially in elderly or very ill and those with limited pulmonary reserve; duration is brief; resuscitative facilities should be

available. Not recommended as sole treatment for psychotic or severely depressed patients. Should not be administered to patients in shock, coma, acute alcoholic intoxication with depressed vital signs. Caution against hazardous occupations requiring complete mental alertness. Advise against simultaneous ingestion of alcohol and other CNS depressants. Withdrawal symptoms (similar to those with barbiturates and alcohol) have occurred following abrupt discontinuance (convulsions, tremor, abdominal and muscle cramps, vomiting and sweating). Keep addition-prone individuals under careful surveillance because of their predisposition to habituation and dependence. In pregnancy,

lactation or women of childbearing age, weigh potential benefit against possible hazard to mother and child.

Precautions: If combined with other psychotropics or anticonvulsants, carefully consider individual pharmacologic effects—particularly with known compounds which may potentiate action of Valium, such as phenothiazines, narcotics, barbiturates, MAO inhibitors and other antidepressants. Usual precautions indicated in patients severely depressed, or with latent depression, or with suicidal tendencies. Observe usual precautions in impaired renal or hepatic function. Not recommended for bronchoscopy, laryngoscopy, obstetrical use, or in diagnostic procedures other than

gastroscopy and esophagoscopy. Laryngospasm and increased cough reflex are possible during gastroscopy; necessary countermeasures should be available. Hypotension or muscular weakness possible, particularly when used with narcotics, barbiturates or alcohol. Since effect with narcotics may be additive, appropriate reduction in narcotic dosage is possible. Use lower doses (2 to 5 mg) for elderly and debilitated. Safety and efficacy in children under 12 not established.

Side Effects: Drowsiness, fatigue, ataxia, confusion, depression, constipation, dysarthria, diplopia, headache, hypoaactivity, hiccups, hypotension, incontinence, jaundice, nausea, changes

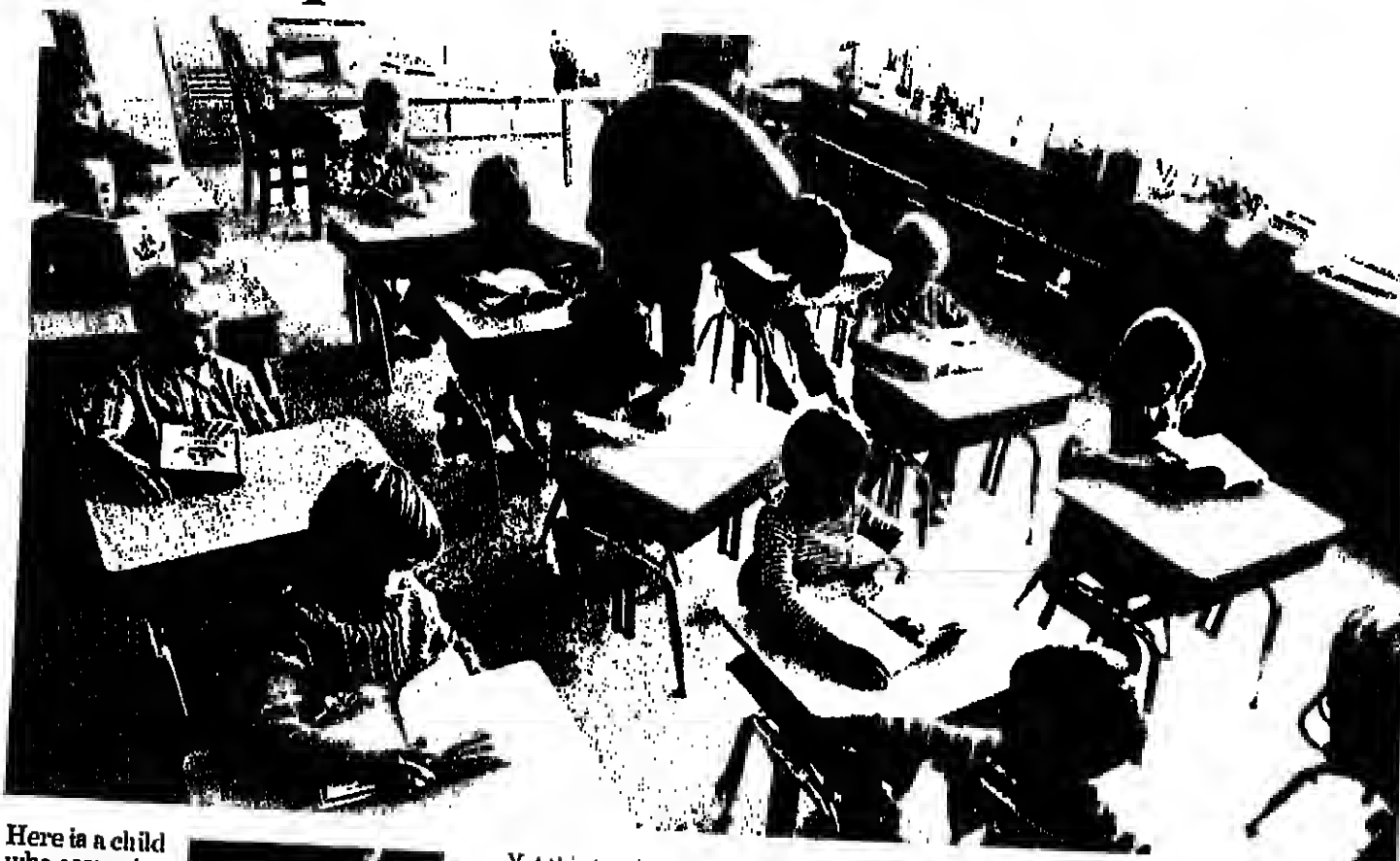
in libido, changes in salivation, phlebitis at injection site, urinary retention, skin rash, syncope, slurred speech, urticaria, tremor, vertigo, blurred vision. Paradoxical reactions such as acute hyperexcited states, anxiety, hallucinations, increased muscle spasticity, insomnia, rage, sleep disturbances and stimulation have been reported; should these occur, use of the drug should be discontinued. Isolated reports of neutropenia, jaundice; periodic blood counts and liver function tests advisable during long-term therapy. Minor EEG changes, usually low-voltage fast activity, of no known significance.

ROCHE Roche Laboratories Division of Hoffmann-La Roche Inc. Nutley, N.J. 07110

Injectable Valium® (diazepam)

benefits every step of the way.

Helping the MBD child achieve his full potential



Here is a child who seems to get very little out of school. He can't

ait atill. Doesn't take direction well. He's easily frustrated, excitable, often aggressive. And he's got a very short attention span.

The teacher may seek professional help because of his disturbing influence in the classroom. But the real tragedy is that he's simply not developing basic learning skills. And failure to learn in these early years could mean he'll never catch up.



Yet this tragic waste of human potential could be averted. For the problem is more than the mischief and hyperactivity that occur as a phase of normal growth. He is a victim of Minimal Brain Dysfunction, a diagnosable disease entity that generally responds to treatment.

And Ritalin can be an important part of the total rehabilitation program which includes remedial measures at home and at

school. Ritalin, an effective and well-tolerated CNS stimulant, can help control hyperactivity and other symptoms that so often beset the MBD child.

Of course, Ritalin is not indicated for childhood personality and behavior disorders not associated with MBD.

Ritalin[®] (methylphenidate) when medication is indicated



Ritalin[®] hydrochloride (methylphenidate hydrochloride) TABLETS

INDICATION
Minimal Brain Dysfunction in Children—as adjunctive therapy to other remedial measures (psychological, educational, social).

Special Diagnostic Considerations
(MBD) is unknown, and there is no single diagnostic test. Adequate diagnosis requires the use of not only of medical but of special psychological, educational, and social resources.

The characteristic signs most often observed are chronic history of short attention span, distractibility, emotional lability, impulsivity, and hyperactivity. In addition, there may be minor neurological signs and abnormal EEG. The diagnosis and evaluation of the child and not solely on the presence of one or more of these signs.

Drug treatment is not indicated for all children with MBD. Appropriate educational placement is essential and psychological or social intervention may be necessary. When remedial measures alone are insufficient, the decision to prescribe stimulant medication will depend upon the physician's assessment of the chronicity and severity of the child's symptoms.

CONTRAINDICATIONS
Marked anxiety, tension, and agitation, since Ritalin may aggravate these symptoms. Also, contraindicated in patients known to be hypersensitive to the drug and in patients with glaucoma.

WARNINGS
Ritalin is not recommended for children under six years of age, since safety and efficacy in this age group have not been established.

Since sufficient data on safety and efficacy of long-term use of Ritalin in children with minimal brain dysfunction are not yet available, those requiring long-term therapy should be carefully monitored.

Ritalin should not be used for severe depression of either exogenous or endogenous origin or for the prevention of normal fatigue states. Ritalin may lower the convulsive threshold in patients with or without prior seizures. Absence of seizures, EEG abnormalities, even in encephalitis and Ritalin has not been established. If seizures occur, Ritalin should be discontinued.

Use cautiously in patients with hypertension. Drug Interactions: Ritalin may decrease the hypotensive effect of guanethidine. Use cautiously with pressor agents and MAO inhibitors. Ritalin may inhibit the metabolism of coumarin anticoagulants, antiepileptics (phenobarbital, diphenhydramine, primidone), phenylbutazone, and tricyclic antidepressants (imipramine, desipramine). Dose adjustments of these drugs may be required when given concomitantly with Ritalin.

Usage in Pregnancy
Adequate animal reproduction studies to establish safe use of Ritalin during pregnancy have not been conducted. Therefore, until more information is available, Ritalin should not be prescribed for women of childbearing age unless, in the opinion of the physician, the potential benefits outweigh the possible risks.

Drug Dependence
Ritalin should be given cautiously to emotionally unstable patients, such as those with a history of drug dependence or alcoholism, because such patients may increase dosage on their own initiative. Chronically abusive use can lead to marked tolerance and psychic dependence with varying degrees of abnormal behavior. Frank with parental abuse. Careful supervision is required during drug withdrawal, since chronic overactivity may be unmasked. Long-term follow-up may be required because of the patient's basic personality disturbances.

PRECAUTIONS
Patients with an element of agitation may react adversely; discontinue therapy if necessary during prolonged therapy.

ADVERSE REACTIONS
Nervousness and insomnia are the most common adverse reactions but are usually controlled by alternating or evening. Other reactions include: hyperactivity, anorexia, nervousness, dryness of mouth, headache, dizziness, constipation, both up and down, tachycardia, palpitations, arrhythmias, abdominal pain, weight loss during prolonged therapy. In children, loss of appetite, abnormal pain, weight loss during prolonged therapy, insomnia, and tachycardia may occur more frequently. Toxic psychosis has been reported.

DOSEAGE AND ADMINISTRATION
Children with Minimal Brain Dysfunction (5 years and over): Start with small doses (eg, 5 mg twice daily) and increase gradually to a total of 2 to 10 mg daily. Only dosage above 50 mg is not recommended. If improvement is not observed after appropriate dosage adjustment over a one-month period, the drug should be discontinued.

If paradoxical aggravation of symptoms or other adverse effects occur, reduce dosage, or, if necessary, discontinue the drug. Ritalin should be periodically discontinued to assess the child's condition. Improvement may be sustained when the drug is discontinued temporarily or permanently discontinued.

HOW SUPPLIED
Tablets, 10 mg (pink, scored); bottles of 100 and 1000.
Tablets, 5 mg (pink, scored); bottles of 100, 500, 1000 and 5000.
Tablets, 5 mg (pink, scored); bottles of 100, 500, and 1000.

Consult complete product literature before prescribing.

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
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C I B A

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Medical Tribune

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Vicious... Dangerous... Deadly

UNSUPPORTED INNUENDO, guilt by association, and character assassination were a rejected, part of past American history. But once again, and this time in the field of health, we witness attacks addressing not issues and ideas but the men and the media that raise them. In politics, it is pernicious. In science, it is dangerous. In medicine, it can be deadly.

Political action on health can be constructive. Good social programs are indispensable for public health. They are essential for the encouragement of basic science and clinical research. On the other hand, political tactics can be destructive when they intervene in scientific debate and affect the rights of researchers and the responsibilities of physicians. They can be dangerous when they intrude into technical areas of research and therapeutics.

Unhappily, we may be witnessing the politicizing of the professional and technical areas of science and medicine. Even worse is the intrusion of the discredited tactics of innuendo, guilt by association, and character assassination into what should be the calm and considered province of science and medicine.

A scientist twice named a Nobel Laureate, Linus Pauling, raised challenging concepts related to the evolutionary changes in enzyme systems and the potential role of absorbic acid. To address such issues of the greatest minds in biochemistry, to avoid the facts and resort to calumny, with despicable whipsaws of "senility,"

is to derogate scientific debate. Accusations of political heresy do not constitute a reasoned reply to the penetrating and provocative issues raised by such Nobel Laureates as George Wald and Salvador Luria. One cannot dismiss the human concerns of Nobel Laureate Norman Borlaug by slanderously implying that he is simply the tool of an agrochemical complex.

MEDICAL TRIBUNE, as an independent newspaper, has always been an open forum for dissenting points of view. It has not hesitated to tackle issues—whether popular or unpopular with either the right or the left. We do not believe that the medical establishment, as exemplified by the American Medical Association, or the medical left should be immune from criticism and comment. Nor does such immunity extend to academia, the pharmaceutical industry, the FDA, or other organs of government. Nor does such immunity extend to the press, whether lay or medical.

We believe that differences of opinion should be openly aired. We must examine, first and foremost, what is said and not just who says it. We are deeply concerned by the fundamental breach in what should be accepted practice to medical and scientific debate. It is no less a matter of concern when the use of innuendo, guilt by association, and character assassination are the resort of the liberals and the left, of the counterculture, or of crusaders. Such means can never be justified; they invariably pollute and ultimately destroy the ends sought.

A.M.S.

Pity the Poor Dean

SOME YEARS AGO, a medical school dean welcomed the incoming freshman class with the consoling remark that the mortality of deans exceeded that of medical students, which shortly proved true in his own case. Today the disparity is even greater. Almost all medical students go on to attain their degrees. The casualties among deans are greater than ever. The dean's half-life—i.e., his decay rate—now averages just three years.

Assailed by burgeoning expenses, stringently curtailed budgets, cuts in Government research funds, demands to increase student enrollment while condensing four years into three, and a variety of other pressures, medical school administrators may need advice. But the advice that is continuously and gratuitously offered may not always be, as students say, "relevant" to their problems. An illustration of well-intentioned proposals appears in the March, 1972, issue of *Family Physician*, the organ of the American

Academy of Family Physicians. Drs. Mark G. Field and J. Gershon-Cohen propose: "The modern clinician must be thoroughly trained in labic detection, clinical siging, chattering, sequencing and careful notation of duration and extent of morbidity as vital factors in human illness. . . . Clinicians will employ the new mathematics: symbolic logic, set theory and Boolean algebra. Unquestionably, this is the course the training of future family doctors must take."

We had enough difficulties with Gray's Anatomy and what followed for four years; we shudder at what awaits the coming generation. But we still think the best preparation for a medical-scientific career is what was said of the ecologist Rachel Carson by David Brower, "She did her homework . . . and she cared." The essence of the physician's *vade mecum* is scholarship, clarity, and compassion—Boolean algebra or no.

R.S.G.

Panendoscopy in Upper GI Hemorrhage

CLINICAL QUOTE: "In 41 patients with acute upper GI bleeding, the probable source was documented by panendoscopy in every case. . . . We feel that with vigorous ice saline lavage, or experienced and tenacious endoscopist can expect to document the bleeding in per-

haps 90 to 95 per cent of cases." (Dr. Ronald M. Katon and Frederick W. Smith, University of Oregon Medical School and Veterans Administration Hospital, Portland, at the Western Section, American Federation for Clinical Research; see page 3.)



"Do I know anything about get-well cards? Madame, I'll have you know I had two years of premid!"

LETTERS TO TRIBUNE

Theophylline Therapy

Editor, MEDICAL TRIBUNE:

Round-the-clock high-dosage theophylline therapy in treatment of asthmatic children, as reported by Dr. M. W. Weinberger in MEDICAL TRIBUNE of March 8 is, in my opinion, a highly hazardous method of treatment.

That high blood level of theophylline is necessary for relief of bronchospasm is indeed true. However, maintenance of such levels for any period of time may well again produce an epidemic of aminophylline poisoning, as reported all too frequently in the early days of the use of this drug.^{1,2,3} I would ask Dr. Weinberger, would he advocate giving asthmatics or even normal children the equivalent of 20 to 30 cups of strong tea or coffee daily and that without the water we drink with these beverages?

J. J. ROBAINS, M.D.
Hayward, Calif.

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1. Rounds, V. J.: "Aminophylline Poisoning," *Pediatrics*, 14:528, 1954.
2. Lova, F. M., and Cerrado, A. L.: "Aminophylline Overdosage in Children," *Amer. J. Dis. Child*, 89:468, 1955.
3. White, B. H., and Daeschner, C. W., Jr.: "Aminophylline Poisoning in Children," *J. Ped.*, 49:262, 1956.

'Negative Medicine'

Editor, MEDICAL TRIBUNE:

The editorial comment entitled "The Malpractice Threat," that appeared in the March 22 issue, had for its concluding sentence: "The flaws in the investigation ought to be pinpointed and efforts made by others for a more definitive examination of 'defensive medicine' and its effects on the costs of medical care."

This rhetorical question can be answered quite succinctly with the statement that defensive medicine is practiced and does increase the costs of medical care. Any research investigator on this subject will find that physicians and surgeons call in more consultants than ever before even when the answer raised for the consultant is already known by the attending physician or surgeon requesting the opinion. This rise in consultations is especially noticeable in those hospitals where the visiting staff has had many lawsuits based upon negligence. Multiple consultations are encouraged not only by the rules and regulations of the individual hospital but also by the requirements of the Joint Commission on the Accreditation of Hospitals and the legal advisers to the insurance carriers insuring hospitals, physicians, and surgeons against professional negligence.

When multiple consultations are the

order of the day, delay in treatment results because almost every consultation will conclude that additional studies (x-rays or laboratory procedures) should be performed. Such recommendations not only prolong in-hospital stay but increase x-ray and laboratory costs. One must conclude that doctors of medicine at the present time are practicing "positive defensive medicine." This tendency will be increased intensively unless some relief from the threat of malpractice actions is given to the medical profession.

The comment on "negative defensive medicine" should be elaborated upon with more emphasis. As defined in the *Duke Law Journal*, negative defensive medicine is the "refusal to undertake activities which have a high risk of resulting in malpractice litigation." More specifically it can be stated that physicians and surgeons who have been sued for imputed negligence associated with or due to a certain procedure will hesitate to perform that procedure or will abandon it entirely by referring the patient elsewhere. For example, a general practitioner who has had an experience of performing more than 400 tonsillectomies during his professional lifetime will no longer accept patients for tonsillectomy following two malpractice actions against him. The first sad experience concerned an eight-year-old girl who had a laryngeal spasm necessitating an emergency tracheotomy. The child survived, but a residual hoarseness persisted secondary to trauma to the vocal cords. This hoarseness was the basis for a cause of legal action which involved the attending physician, the hospital, and the anesthesiologist. The second malpractice was similar, with cerebral anoxia and residual brain damage. This doctor of medicine no longer performs tonsillectomies and frankly admits he is afraid to undertake them.

Another situation in point concerns a fine orthopedic surgeon who has three distinct malpractice actions against him founded upon surgical treatment of three different patients with intervertebral disk syndromes whose end results did not measure up to the anticipated expectations. This excellent surgeon no longer accepts disk syndrome patients either for consultation or treatment.

The opinions expressed in this letter to the editor are based upon more than 100 experiences in the preparation of legal defenses in malpractice actions against doctors of medicine who have been sued in the states of New York, New Jersey, Pennsylvania, Kansas, Illinois, and California.

BERNARD J. FIDELL, M.D., S.D., L.D.
Oyster Bay, L.I., N.Y.

San Francisco Center Focusing on Causes of Cancer

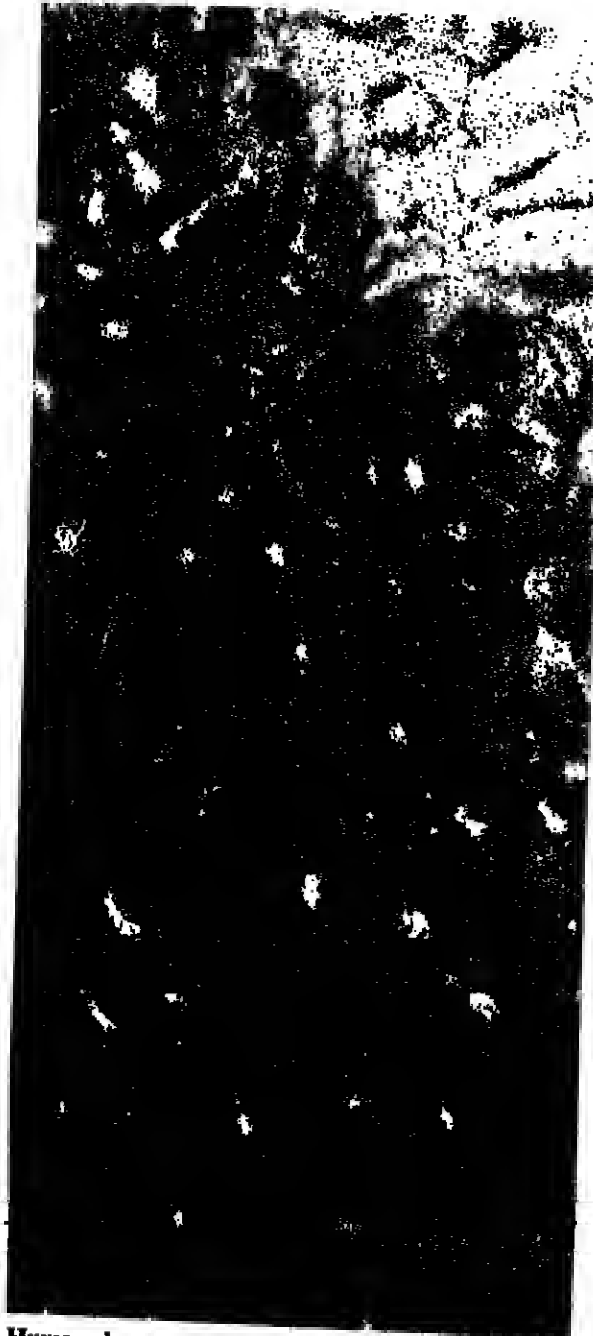
COUPLING RESEARCH, diagnosis, and treatment, the recently formed Division of Clinical Immunology, headed by Dr. Ernest Rosenbaum, at Mount Zion Hospital and Medical Center in San Francisco, initially focuses on elucidating the causes of cancer and applying the data in experimental treatment. The researchers, drawn from both Mount Zion and the Department of Hematology and Immunology at the University of California, San Francisco, have been conducting comparative studies between the immune competence of cancer patients and the normal population and investigations to identify and isolate tumor-specific antigens.

The cooperative arrangement extends to other departments. For example, with assistance from the surgical service, various human cancer specimens are being acquired for establishing a "tumor farm."

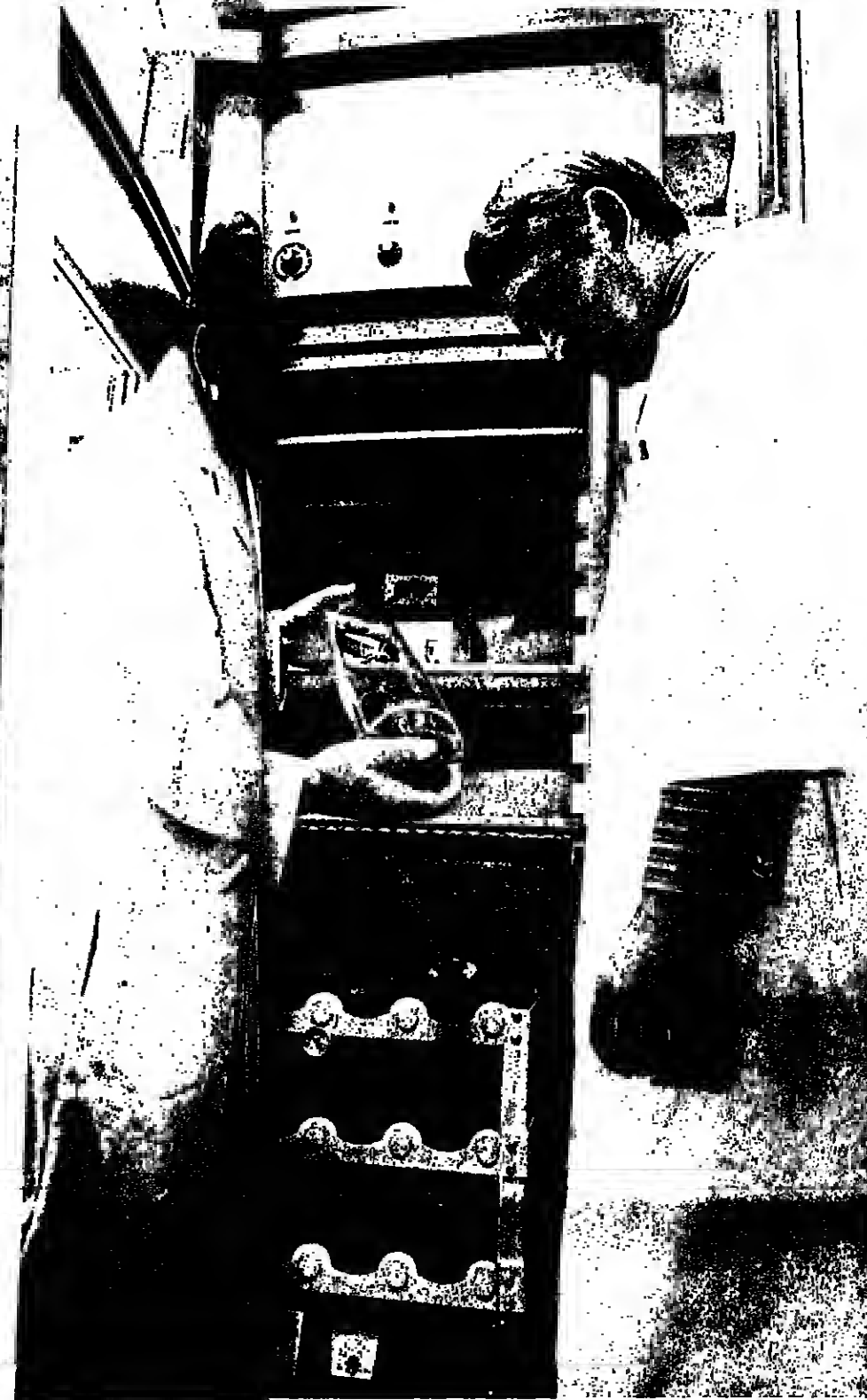
The division also runs a continuing education program, consisting of a series of lectures on basic immunology.



In laboratory, above, is researcher Dr. H. Hugh Fudenberg, who is director of the Department of Hematology and Immunology, University of California, San Francisco. Dr. Fudenberg has received the Posner Medal, among other awards. Below, Dr. Myron Blume (l.) and Dr. Rosenbaum inspect lymphocytes in cultures.



Human breast tumor growing in culture from "tumor farm," above. Dr. Joseph Wybrn (l.) and technician Richard Miner check incubator with roller apparatus for large-scale culture growth, right.



Wednesday, April 26, 1972

MEDICAL TRIBUNE

13

Drawings, Paintings Found to Mirror The Experiences of Disturbed Children

THE THERAPEUTIC VALUE of drawing and painting is emphasized in the children and youth section at the St. Gorans Clinic in Stockholm. The patient's work often starkly mirrors their experiences: one 13-year-old girl, who was disfigured in an accident, drew pictures of children whose faces were dark and without details. A 10-year-old boy with symptoms of childhood psychosis made a bloody, long-nailed, threatening hand. He revealed, "The hand will draw me at night."

Figure, left, with disproportional ears was painted by a mentally retarded girl with a hearing defect. Food motifs represented by a grocer's cart, a café, and a foodstuff vendor appear in picture that was drawn by a child with anorexia nervosa.



Caring: A satellite community Day Care Center for Mentally Retarded Children is being operated in Philadelphia by the Albert Einstein Medical Center. The classes, according to age and degree of mental retardation, prepare children for admission to public schools or, in more severe cases, provide self-help skills so the children might function in vocation programs, explained director Peter Bodenheimer.



Youngster, one of 46, laughs while inside "time tunnel" cocoon.

Transportation Seen Crucial to Disabled

TRANSPORTATION should receive top priority as a problem of the handicapped, Dr. Henry Betts, medical director of the Rehabilitation Institute of Chicago, told a meeting of 40 state driving licensing administrators. Reduced mobility narrows the chances for an education, job, and socializing, he continued. Afterwards, disabled drivers demonstrated hand controls and other devices.

As part of conference, engineer Joseph Ivko shows adaptive instrument for driving that he invented. Mr. Ivko lost both of his arms in an electricity accident.



a new outlook in chronic pain

of moderate to severe intensity

Though Talwin® can be compared to codeine in analgesic efficacy, it is not a narcotic. So patients receiving Talwin for prolonged periods face fewer of the side effects you've come to expect with narcotic analgesics. And that, in the long run, can mean a better outlook for your chronic pain patient.

Talwin Tablets are

- Comparable to codeine in analgesic efficacy. One 50 mg. Talwin Tablet appears equivalent in analgesic effect to 60 mg. (1 gr.) of codeine. Onset of significant analgesia usually occurs within 15 to 30 minutes.

- Free of narcotic side effects such as respiratory depression, constipation, and no significant change in blood pressure and heart rate. Parameters attributable to the drug have been reported.

- Dependence rarely a problem: during 10 years of wide clinical use, only a few cases of dependence have been reported.

In prescribing Talwin for chronic use, physicians should take precautions to avoid increased tolerance by the patient and to prevent the use of the drug for anticipation of pain rather than for the relief of pain.

- Not subject to narcotic control laws, so physicians can prescribe with freedom.

- Generally well tolerated. Side effects are infrequently reported. These include tachycardia, urinary retention, and constipation. If these side effects are encountered, they are self-limiting and do not require discontinuation of the drug. (See column at right for a complete list of adverse reactions and other information.)

50mg. Tablets

Talwin
pentazocine

the long-range analgesic

Contraindications: Talwin should not be administered to patients who are hypersensitive to it.

Warnings: Head Injury and Increased Intracranial Pressure: The respiratory depressant effects of Talwin are exaggerated in the presence of head injury, other intracranial lesions, or a preexisting increase in intracranial pressure. Furthermore, Talwin can produce effects which may obscure the clinical course of patients with head injuries. In such patients, Talwin must be used with extreme caution and only if its use is deemed essential.

Usage in Pregnancy: Safe use of Talwin during pregnancy (other than labor) has not been established. Animal reproduction studies have not demonstrated teratogenic or embryocidal effects. However, Talwin should be administered to pregnant patients (other than labor) only when, in the judgment of the physician, the potential benefits outweigh the possible hazards. Patients receiving Talwin should be closely monitored for no adverse effects other than those that occur with commonly used analgesics. Talwin should be used with caution in women delivering premature infants.

Drug Dependence: There have been instances of physical and psychological dependence by patients receiving Talwin with a history of drug abuse and, rarely, in patients with no such history. Abrupt discontinuance following the chronic use of parenteral Talwin has resulted in withdrawal symptoms. These have been a few cases of dependence, and withdrawal symptoms are not severe. Patients with a history of drug dependence should be closely monitored while receiving Talwin.

In prescribing Talwin for chronic use, physicians should take precautions to avoid increased tolerance by the patient and to prevent the use of the drug for anticipation of pain rather than for the relief of pain.

(See column at right for a complete list of adverse reactions and other information.)

Adverse Reactions: The following adverse reactions have been reported in patients receiving Talwin:

Headache, dizziness, lightheadedness, and vertigo.

Nausea and vomiting.

Constipation.

Urinary retention.

Tachycardia.

Flushing.

Itching.

Excessive sweating.

Weakness.

Depression.

Parosmia (distorted sense of smell).

Altered taste.

Excessive salivation.

Excessive tearing.

Excessive sweating.

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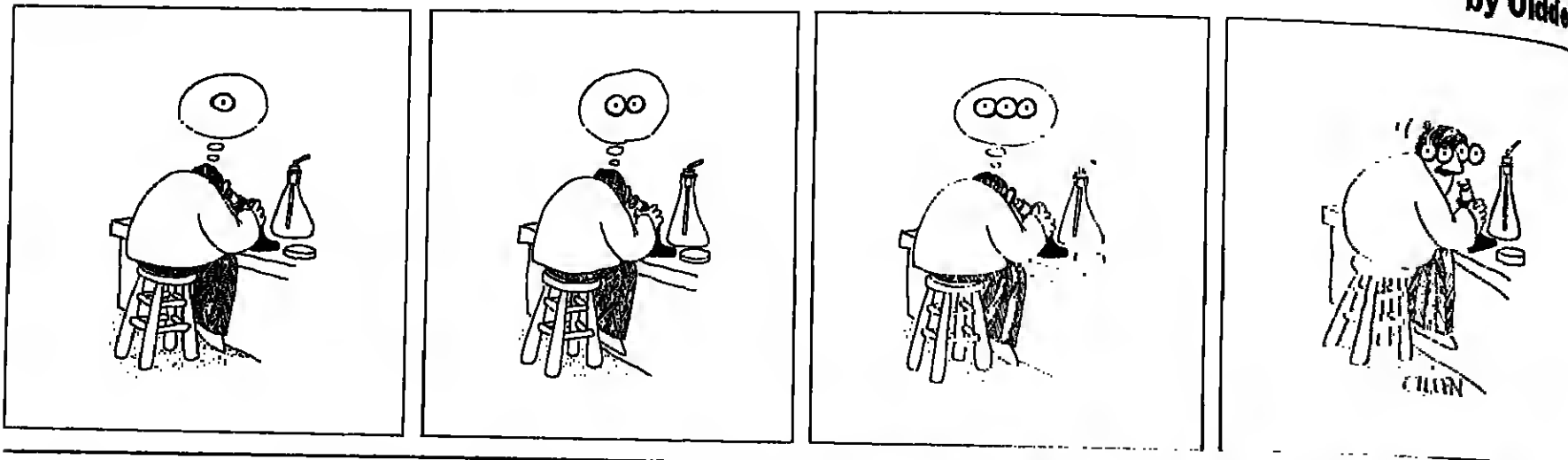
Excessive sweating.

Excessive salivation.

Excessive tearing.

Excessive sweating.

Excessive salivation.



A Simple Office Procedure May Spark Malpractice Suit

Continued from page 1

are going to do and make sure that at least one parent is present."

His warning struck a responsive chord in the audience.

Osa physician arose from the floor to offer this advice: "If you've got a rebellious child on your hands and he won't hold still, don't try to do any office surgery until the parent comes to the room and holds the child. Insist on that. Otherwise you may have an unpleasant incident on your hands."

Another physician described a lawsuit that followed when phenol was used as a local anesthetic in treating an ingrown toenail in a 16-year-old girl. The phenol penetrated to the bone and produced local injury.

This prompted a third physician to ask the audience: "How many here have written consent forms in the office?"

A few hands were raised. And there was a general sense that a door had been left unlocked.

From ingrown toenails and sebaceous cysts, as well as dorsal ganglia, the discussion moved to vasectomies—and their potential legal problems. There emerged agreement that the operation must be preceded by full and detailed explanation to both the husband and wife, that consent must be obtained in writing, and that the patient



DR. DAVIS

and his spouse must understand that the surgery is, for all practical purposes, irreversible.

Panelist Dr. Thad Mosely, Associate Clinical Professor of Surgery, University of Florida, noted that the urologist in his group practice team performs the operation. But the group, he said, has adopted the policy of "insisting that the consent form for vasectomies not only be signed but notarized."

"With vasectomies becoming so common," said a physician from the floor, "we not only insist on informed consent, we make sure that the problems and risks are all down in writing, fully detailed, and that the patient knows exactly what he is signing."

Dr. Davis noted that North Carolina state law requires the written permission of both the patient and his wife; then calls for a 30-day "cooling off period." He added that, in addition, he requires the husband and wife to re-sign at the end of the 30-day period.

Panel chairman Dr. William C. Cantey,

Correction

The report of a study of survival of patients with potentially fatal arrhythmias, published in the March 8 issue, incorrectly attributed the investigation to researchers at Jewish Hospital, Cleveland. The investigators were from the Jewish Hospital, Cincinnati.

of Columbia, S.C., chief of surgical service at Columbia Hospital, commented that the practice in his service is to insist on a six-to-eight-week wait after the couple have agreed to the vasectomy.

What about the medical-legal safeguards required in treating mammary fluid cysts? the panel asked. Dr. Mosely inquired how many of those present aspirated a fluid cyst from the breast. A forest of hands went up. How many, he then asked, sand the fluid off for a laboratory report? There were no hands.

Sands Fluid to Laboratory

"It is important," he stressed, "to send fluid from these cysts to a laboratory for study."

The results will probably be negative, as we know. But it is very reassuring to the patient, and it is an important protection against future lawsuits. No one can come back at you and say that you failed to make the proper studies."

But a physician from the floor arose to offer another precaution: "I have yet to see a breast with a single fluid cyst," he commented. "You stick your head into a medicolegal noose if you send the patient on the way, feeling her problem has been dealt with, and six to eight months later she shows up with a malignancy."

This prompted separate retorts from two of the panelists.

Dr. Mosely: "I would agree that no breast has just a single mass. But you can't just operate in every case."

And Dr. Davis: "Of course, these are patients in a high-risk group. We follow them every six months with mammography. But, frankly, I think it's malpractice to excise every cyst you see in a breast!"

Ultrasonography Shows Polycystic Kidneys



Ultrasonic scan of the kidney area in patient with polycystic kidney disease. The technique can assist in the proper placement of the biopsy needle, and may be useful in deciding on renal biopsy by detecting cystic lesions, says Dr. Joseph H. Holmes.

Technique Reported To Give Broad Data In Kidney Pathology

Continued from page 1

to rule out the presence of cystic lesions, which would be a contraindication in performing renal biopsy, he added.

The transplanted kidney, because of its location in the groin close to the surface, is easily visualized with ultrasound, he told the meeting. Changes in renal size indicated by ultrasonography can be helpful in assessing complications during long-term follow-up of transplant patients, he said.

Ultrasonography has also been of value in giving additional diagnostic information on hydronephrosis and renal stones and in

assessment of associated intra-abdominal and cardiac abnormalities in patients with renal disease.

Studies of the bladder with ultrasound have also proved useful in a variety of situations, including the demonstration of distortion of bladder contour by adjacent pathology, irregularities of bladder wall produced by chronic infection, and presence of tumors, stones, and foreign bodies within the bladder, Dr. Holmes said.

Because of scanning limitations, the definition is not sufficient to produce a precise outline of a foreign body or stone or a precise description of the nature of the tumor, he remarked, but the studies do provide good screening information that assists in the programming of further diagnostic evaluation.

IUD Containing Progesterone Backed by a Study of 109

Continued from page 1

Population Council, Rockefeller University, New York, was used as the vehicle for the progesterone capsule.

"This small T-shaped polyethylene I.U.D. has been reported to have a low expulsion rate and negligible removal rate for bleeding and pain," Dr. Scommegna said.

Vertical Arm Cut Off

The progesterone T was constructed by cutting off the vertical arm of the plain T 3 mm. below its insertion to the horizontal branch and substituting the progesterone capsule. A 30-mm. length of Silastic medical-grade tubing with an outside diameter of 3.18 mm. was used to make the capsule. It was filled with milled crystals of progesterone and attached to the plastic T. Insertion was accomplished with a plastic straw type of introducer.

The in vitro progesterone diffusion rate decreased exponentially with time, Dr. Scommegna noted. It released about 400 micrograms of progesterone per 24 hours the first week, 200 by the 14th day, 160 on the 60th day, and about 100 by the 120th day.

"After the capsule had been in the uterus for six months it contained 6 mg. of progesterone and released about 60 micrograms of progesterone per 24 hours," he said.

The patients were studied for a total of 331 women-months.

"No patients conceived while an intact progesterone device was in situ," Dr. Scommegna said. "Two pregnancies occurred when the progesterone T action was deficient."

Dr. Scommegna reported that one patient was found to be six weeks' pregnant

after five months from the time of insertion. Removal of the device revealed that the progesterone had leaked out because of a defect in the capsule. The other pregnant patient was found to have 1 cm. of the capsule extending outside the external os and aborted a few days after removal of the device.

"There were another five patients with a similar partial expulsion who were not pregnant," Dr. Scommegna said.

Two patients expelled the device completely. Five devices were removed—two because of pain or bleeding, one for acute pelvic inflammatory disease, and two for personal reasons.

Noting that at least five pregnancies were statistically feasible in 331 women-months with a plain T, Dr. Scommegna said the no-pregnancy result demonstrated that the progesterone "contributes significantly to the contraceptive effectiveness of an intrauterine device."

An endometrial biopsy performed after six to seven months in nine patients after removal of the progesterone I.U.D. showed "suppressed" endometrium in all cases.

Contraceptives Less Dangerous Than Lack of Protection

From London

Of all methods of birth control, only low-dose progesterones and sterilization are safer than full-estrogen oral contraceptives, according to Dr. D. F. Hawkins, senior lecturer, Institute of Obstetrics and Gynecology, Hammersmith Hospital, London.

"The consequences of unprotected intercourse are 10 times more lethal than those of oral contraceptives, and legal

Tumor Kept Dormant in Vivo By Denying Its Blood Supply

Continued from page 1

the size limit at which tumor can survive with only the process of diffusion supplying nutrients and disposing of catabolites. In actuality, the innermost cells of the tumor are dying while mitosis is accomplished by the outermost cells—a combined action that makes the tumor appear to oscillate slightly in time-lapse cinematography, Dr. Folkman said.

Although "dormant" in a sense, the tumor is putting out TAF. The investigators can detect it in the medium of the eye chamber. So can the nearest capillaries, which bud and proliferate all over the iris "looking for the tumor," as Dr. Folkman put it, but unable to respond directionally and find it. (If the tumor is allowed to drop to the iris, it picks up capillaries, grows 4,000-fold in eight days, and bursts through the eye.)

In a less isolated site, as the Boston investigators have shown in many organ perfusion chamber experiments, the tumor puts out TAF and, only six hours later, capillary endothelial cells within 3 mm. of it begin to synthesize DNA. By 24 hours new capillary sprouts have appeared and begin to grow toward the tumor at a rate of 1 mm. per day.

TAF, which Dr. Folkman and co-workers isolated in 1970, is apparently unique to solid tumors. It is not found in leukemias, or in normal tissue, or in regenerating tissue, such as liver. TAF also is unique in its target specificity; it is mitogenic only to capillary endothelial cells.

In one troublesome way, however, TAF

is very nonspecific. As far as can be told, it is the same RNA and protein complex of about 100,000 molecular weight whether it comes from a human, rabbit, rat or other solid tumor. Which means that human TAF cannot be injected into a rabbit to produce antihuman TAF. That has been done, Dr. Folkman said, and the rabbit simply "grows a lot of new capillaries." Such growth is limited to the injection site; TAF is destroyed in circulating plasma, probably by ribonuclease.

Regress If TAF Is Withdrawn

Capillaries elicited by TAF regress when TAF is withdrawn. The investigators find that in the absence of continuous TAF stimulation the capillaries begin to disappear in three to four days. This property alone suggests that large tumors might be made to regress to dormant size if an anti-TAF were available. Dr. Folkman envisions other uses of antiangiogenesis in concert with radiotherapy, chemotherapy, or immunotherapy as well as following surgery for removal of a primary tumor.

The Boston group already is at work trying to produce an antibody to TAF, according to Dr. Folkman, who says, "You can make an antibody against anything, given enough money." The work is proceeding on the conjecture that hemocyanin or a hapten can make TAF antigenic.

The idea of keeping tumors dormant through antiangiogenesis is not wholly unphysiologic, Dr. Folkman said. He sees possible examples in such instances as the metastases that remain small in lungs of children who had thyroid primary tumors.

Given an anti-TAF agent, the malignancies most appropriate for treatment with it would be the most vascular-dependent, such as brain tumors, while the least appropriate might be something like a chondrosarcoma, which is nearly avascular.

Co-workers on the angiogenesis projects include Drs. Michael Gimbrone, Mark Hochberg, and Stephen Leppman.

Brown U. Will Expand

PROVIDENCE, R.I.—The Corporation of Brown University has voted approval for expansion of the Brown medical program to a full-fledged M.D. degree program, provided adequate financing can be found, including a financial commitment from the State of Rhode Island.

Clinic Geared Toward Preventing Prenatal Defects



Geared toward preventing prenatal defects, the Thomas Jefferson University Hospital high-risk antenatal clinic continuously monitors its maternity patients. Above, Dr. Martin Wingate, Lydia Wingate (c.), and Janette Blumberg, R.N., watch fetal heart beat and maternal uterine contractions and electromyographic data.

abortion as a method of family planning is more dangerous still," he said.

Dr. Hawkins reported that in a carefully drawn up survey based on estimates of mortality associated with contraception, combined oral contraceptives with 20,000 pregnancies per million users per year, resulted in five deaths related to pregnancy and 20 related to the method.

The survey also found that in 60,000 pregnancies with low-dose progesterones, there were an estimated 15 deaths related to pregnancy and none due to the method.

Intrauterine devices, with 40,000 pregnancies per million users per year, resulted in 10 deaths related to pregnancy and 20 to the method.

In the case of condoms and diaphragms, there were 150,000 pregnancies per mil-

lion users, with 33 deaths related to pregnancy.

Spermicides and withdrawal, associated with an estimated 250,000 pregnancies per million users per year, resulted in 56 deaths related to pregnancy.

Sterilization, male or female, associated with 1,000 pregnancies per million users, resulted in 15 deaths related to the method. Unprotected intercourse was responsible for 800,000 pregnancies per million users, with 220 deaths during pregnancy.

In legal abortions in hospitals there were 310 deaths. Dr. Hawkins commented:

"If development proceeds in the field of low-dose oral progesterone contraception, and drugs and doses with a lower pregnancy rate can be evolved, it seems likely that this method of contraception will become the safest of all."

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Librium has demonstrated its effectiveness in relieving clinically significant anxiety associated with a wide range of emotional and somatic problems.

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Librium is used concomitantly with certain specific types of other classes of drugs, such as cardiac glycosides, diuretics and antihypertensive agents, whenever anxiety is a clinically significant factor.

Librium, because of its wide margin of safety, is especially well suited for extended use until the patient can perform at appropriate levels without it. In general use, the most common side effects reported have been drowsiness, ataxia and confusion, particularly in the elderly and debilitated. (See summary of prescribing information.) Moreover, the antianxiety benefits of Librium are generally maintained without diminution of effect or need for increase in dosage. When treatment is prolonged, periodic blood counts and liver function tests are advisable until antianxiety medication is no longer required.

Three oral strengths plus an injectable form permit therapy to be adjusted to individual needs until antianxiety medication is no longer required.

for moderate
anxiety as in many cardiac patients



Librium® 10 mg
(chlordiazepoxide HCl)
1 capsule t.i.d./q.i.d.

Before prescribing, please consult complete product information, a summary of which follows:

Indications: Indicated when anxiety, tension and apprehension are significant components of the clinical profile.

Contraindications: Patients with known hypersensitivity to the drug.
Warnings: Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

Precautions:
ORAL: In the elderly and debilitated and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or over-sedation, increasing gradually as needed and tolerated. Not recommended in children under six.

as anxiety problems are varied

for the patient with severe anxiety



Librium® 25 mg
(chlordiazepoxide HCl)
up to 100 mg daily

INJECTABLES: Keep patients under observation, preferably in bed, up to three hours after initial injection; forbid ambulatory patients to operate vehicle following injection; do not administer to patients in shock or comatose states; use reduced dosage (usually 25 to 50 mg) for the elderly or debilitated and for children age twelve or older.

ORAL AND INJECTABLE: Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating compounds such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

Adverse Reactions: Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation,

for the acutely agitated chronic alcoholic



Injectable Librium®
(chlordiazepoxide HCl)
100-mg ampuls
up to 300 mg
if indicated

extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG pattern (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

With the injectable form, isolated instances of hypotension, tachycardia and blurred vision have been reported; also hypotension associated with spinal anesthesia, and pain following I.M. injection.

Supplied: Capsules containing 5 mg, 10 mg or 25 mg chlordiazepoxide HCl. Ampuls containing 100 mg chlordiazepoxide HCl.

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AstroTurf Said Not to Lower Leg Injury in School Football

Medical Tribune Report

NEW ORLEANS—A four-season study of football injuries sustained by the Seattle Metro League, consisting of 14 teams of high school players, does not indicate that playing on an AstroTurf field reduces the incidence of knee and ankle injuries, according to Dr. Harry H. Kretzler, Jr., of Seattle.

During the four seasons, the teams played 176 games on the artificial turf and 47 on grass fields, he told the 13th National Conference on the Medical Aspects of Sports here, sponsored by the American Medical Association.

The incidence of knee injuries on AstroTurf was 0.312 per game and on grass 0.298, he reported. The figures for ankle injuries were 0.170 and 0.149, respectively.

"Considering the small numbers and possible inaccuracies of reporting," Dr. Kretzler observed, "there is little or no difference in the two fields."

The study revealed that 36 per cent of the knee injuries that occurred on AstroTurf and 14 per cent of those that occurred on grass went to surgery—a finding that "makes one wonder if the injuries are not more severe when they do occur on AstroTurf."

In a further comment, however, Dr. Kretzler stated that one cannot "unequivocally" say that surgery is an indication of a more severe injury. Perhaps, he reflected, a higher surgery rate is rather an indication of the fact that certain leading orthopedic surgeons have convinced their colleagues that early repair gives a better end result than late reconstruction. "Perhaps," he added, "surgery is better accepted now, by both the player and the physician."

Dr. Kretzler also reported "a general

impression" that there was a smaller incidence of injuries on wet AstroTurf than on dry, but he pointed out that the difference had no real significance and that furthermore what constituted a wet or dry turf was not clear-cut.

Discussing "natural turf," he remarked "there may be more variation between different types of grass fields than between grass and artificial surfaces."

The grass field, he noted, may be lush and green, perfectly maintained, and used a limited number of times a year. Or it may be a sunbaked, primarily dirt field with rocks and holes, or a soft, boggy grass field easily torn to mud with any rain or heavy usage, or one usually frozen in the last part of the season.

The grass field used by the Metro League, he said, is soft, often muddy, with divots frequently taken and holes not uncommon. He could not say, he declared, whether this is a dangerous or safe field, "but I do know that abrasions on this field are rare indeed."

One of First Installed

The artificial field used was one of the first outdoor fields installed, with considerably less padding than is currently being used.

Determination of whether a field is wet or dry is not easy, Dr. Kretzler observed, since frequently, due to irregular water runoff, there may be patches of wet and areas of dry. Did the injury occur in the wet area or the dry, and what is wet? he asked.

"Our injury reporting," he pointed out, "is certainly not sophisticated enough to suggest accuracy in this regard."

Abrasions, he declared, are a special problem on artificial surfaces.

"This is the only injury that our coaches felt was related to the surface itself," he said, adding, however, that a sunbaked dirt field has problems with abrasions also.

He suggested that better protective clothing and padding should be able to

Shotputter Gets the Eye



Practicing under the watchful eye of coach Dr. Harmon Brown is Maren Seldner, 20, the national indoor shotput record holder. Dr. Brown hails from the VA Hospital, Livermore, Calif., where he is the chief of medical services.

lessen this problem and that wetting the field might also help.

Dr. Kretzler pointed out that there have been many improvements in the newer installations of artificial fields, mainly in the padding under the turf, which achieves a softer surface that is easier on the player when he falls.

Replying to suggestions that there be a moratorium on the installation of artificial surfaces, Dr. Kretzler said: "I know of no evidence to make such a move reasonable. Neither do I believe there is any evidence that their surfaces create any problems that didn't already exist in natural turf."

He said he is unable to state whether there has been an increase in football injuries recently. If there has, he said, it would be because players today are bigger and faster and hit with greater impact.

"This in itself would be reason enough to expect more injuries. Collisions is the name of the game. If an artificial surface seems to accentuate this, I would tend to blame the game, not the surface. Perhaps a few rule changes would be important."

Now Hear This!

We've just learned from the Wall Street Journal that various sources are successfully supplying Sunday sermons to men in the pulpits.

The outfit, Liturgy Publications, is reported as supplying 52 "bland" sermons a year's supply without a controversy word to over 5,000 subscribers for a \$25 fee. You can also get two taped sermons for only \$3.95 from, of all people, Red Barber, the former sportscaster.

The thought of dozens of clergymen throughout the country delivering the same words of wisdom and comfort at approximately the same time on any given Sunday can give one pause, as can the prospect, if one is a traveling churchgoer, of hearing the same sermon, Sunday after Sunday, from different mouths in different places. The next step, presumably, will be replacing the clergyman entirely with a tape recorder, microphone, and good public address system.

Matter of fact, why doesn't somebody sell taped medical meetings? The meetings need never be actually held; nobody would have to go (the hotels and airlines might object, but we're not going to let them run our lives); and all sorts of options would be open to the physician in the privacy of his home.

He wouldn't have to listen to dull papers A and B in order to hear brilliant paper C. He wouldn't have to rush from Dr. X's point in the Bowditch Room at 10:30 to Dr. Y's at 11:00 in the Farje Queen Room (down 11 flights in an East Bank elevator, across the mile-wide lobby to the Ballroom, up to the third floor, along a fire corridor to just past the La Belle Dame Sans Merci Suite). He could endlessly play one paper until he found out what the chap with the peculiar Austrian accent really did say.

Or he could buy the tape and ex-hibit it at all. He could just leave a boldly labeled container lying around his waiting room as evidence of his intention to keep up.

In San Francisco, according to United Press International, the Teamsters Union now includes coverage for acupuncture in its medical insurance.

We've recently encountered two bridges, an inevitable one and a better one, and share them with you to help you with your traveling.

• "The inevitable bridge between good health care and poverty's numerous social ills is being crossed by nursing students at the University of Illinois Medical Center Campus in Chicago and the nearby St. Francis Xavier Cabrini Community Health Center."

—release from the University of Illinois

• "This writer believes the Division of Health and Physical Education of the New York State Department of Education took the best possible action open to it at the time and that, rather than condemning the action, we should make every effort to use the evidence gathered to build a better bridge to tomorrow. The data gathered provide us with a good approach to the bridge; let us use it to build a sturdy, lofty structure over the rapids below instead of a foot bridge that will be unpassable in the spring flood. To carry the analogy one step further let us use the evidence available to us as an alternate route—a bypass that will allow the traffic to continue to flow until the permanent bridge to the future can be established."

—paper on the future of girls' sports to New York State, delivered at a symposium on medical aspects of sports.

Readers are invited to contribute items of 100 words or less to this column. Contributions should be mailed to Medical Tribune, 110 East 59th St., New York, N.Y. 10022.

Australian Court Upholds Unborn Child Rights

Medical Tribune World Service

MELBOURNE, AUSTRALIA—An unborn child acquires legal rights as early as seven weeks after conception and can later sue for damages suffered while it was in the womb, according to a unanimous decision by the Supreme Court of the State of Victoria.

The decision is regarded in medical and legal circles here as a setback to the campaign for reform of Australian abortion laws. It is believed to be the first ruling under Anglo-Saxon law to define the rights of an unborn child.

Victorian Attorney General G. O. Rold predicted that the ruling would make matters tougher for advocates of easier access to abortion, not only in Australia but in other parts of the world.

"The judgment justifies the point of view of many people who have opposed a relaxing of the laws concerning abortion," he said. "People who are urging change have said that a fetus is not a living thing."

The judgment was in favor of Sylvia Watt, born in the Royal Women's Hospital, Melbourne, on January 4, 1968. Eight months earlier, her mother, British-born Sylvia Alice Watt, had been left a quadriplegic from a car accident. Mrs. Watt, who with her family now lives in Petershead, Scotland, was awarded \$91,397 damages for her injuries in 1968.

Early this year, the three-year-old Sylvia Watt also claimed damages. She sued through her father, Alexander Alkin Watt, who also sought damages on his own behalf for the cost of caring for his daughter. The writ said that Sylvia was born with brain damage and suffered from epilepsy. The writ alleged the child received her

injuries either at the time of the car collision or because her mother was unable to have a normal pregnancy and normal labor.

Justice Gillard, giving judgment, said: "I can find no logical reason for rejecting the notion that the common law would protect a child within the womb against careless acts causing him or her injury. Disease and trauma happening at any time from the womb to the tomb apparently can affect one's well-being and future health."

"It is obvious that 'the person' who is conceived and developed in the mother's body is biologically the same 'person' who survives birth, lives, and finally dies. There can be no justification for distinguishing

between the rights of a newly born infant returning home with his mother from hospital in a bassinett hidden from view on the back seat of a motorcar driven by his proud father and of a child within the womb whose mother is being driven by her onerous husband to the hospital on the way to the labor ward to deliver such child."

As a result of the court's ruling, Sylvia Watt's claim for damages was to go on to a Supreme Court jury for hearing.

The executive officer of the Royal Australian College of General Practitioners, Dr. F. M. Farrar, said in Sydney that the Victorian finding upheld the Australian Medical Association policy of opposition to abortion.

MEDICAL MEETING SCHEDULE

Domestic Meetings

- Apr. 27-30 ...Tufts Alumni Weekend Meeting, Boston
- Apr. 28-29 ...American Laryngological Association, Palm Beach, Fla.
- Apr. 28-30 ...Society for Investigative Dermatology, Atlantic City, N.J.
- Apr. 28-30 ...American Academy of Psychoanalysis, Dallas, Tex.
- Apr. 29 ...American College of Psychiatrists, Dallas, Tex.
- Apr. 30 ...American Society for Adolescent Psychiatry, Dallas, Tex.
- May 1-3 ...Rocky Mountain Biomechanics Symposium and International I.S.A. Bio-Medical Sciences Instrumentation Symposium, in cooperation with Institute of Electrical and Electronics Engineers, Omaha
- May 14 ...Southwestern Surgical Congress, Albuquerque, N. Mex.
- May 1 ...Symposium Workshop on Foreign Medical Graduates, Philadelphia
- May 14 ...American Association for Cancer Research, Boston

- May 6-7 ...South Dakota State Medical Association, Huron
- May 7-7 ...North Dakota Medical Association, Minot
- May 6 ...American College of Psychiatrists, Dallas, Tex.
- May 7-11 ...New York State Academy of Family Physicians, Kingston, N.Y.
- May 8-13 ...Ohio State Medical Association, Cincinnati
- May 12-13 ...University Association for Emergency Medical Services, Washington, D.C.
- May 12-13 ...Northwest Association of Physical Medicine and Rehabilitation, Carmel, Calif.
- May 11-13 ...American Medical Electroencephalographic Association, New Orleans
- May 14-15 ...Northwest Association of Physical Medicine and Rehabilitation, Carmel, Calif.
- May 20 ...Yamaguchi State Medical Society, Yamaguchi
- May 22-23 ...Ambulatory Pediatric Association, Washington, D.C.
- May 23-24 ...American Pediatric Society, Washington, D.C.



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of mild depression

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INDICATIONS

- Mild depression.
- Minimal brain dysfunction in children (often manifested in the form of hyperkinetic behavior), as an aid to general management.
- Drug-induced lethargy produced by tranquilizers, barbiturates, antihistamines, and anticonvulsants.
- Apathetic or withdrawn senile behavior.
- Narcolepsy.

CONTRAINDICATIONS

Marked anxiety, tension, and agitation, since Ritalin may aggravate these symptoms. Also contraindicated in patients known to be hypersensitive to the drug and in patients with glaucoma.

WARNINGS

Ritalin should not be used for severe depression of either exogenous or endogenous origin.

Because it may mask normal fatigue states induced by overexertion, Ritalin should not be used to increase mental or physical capacities beyond physiological limits. Use cautiously in patients with hypertension and in patients with a history of seizures, since it may lower the convulsive threshold.

Ritalin is not recommended for children under six years, since safety and efficacy in this age group have not been established.

Drug Interactions

Ritalin may decrease the hypotensive effect of guanethidine. Use cautiously with trassor agents and MAO inhibitors. Ritalin may inhibit the metabolism of coumarin anticoagulants, anticonvulsants (phenobarbital, diphenylhydantoin, primidone), phenylbutazone, and tricyclic antidepressants (imipramine, desipramine). Downward dosage adjustment of these drugs may be required when given concomitantly with Ritalin.

Usage in Pregnancy

The safe use of this drug in pregnant women or during lactation has not been established. Therefore, the benefits must be weighed against the potential hazards.

Animal studies using low dosages in the rat revealed no adverse effects on reproduction.

Drug Dependence

Ritalin should be given cautiously to emotionally unstable patients, particularly those with a history of drug dependence (including alcoholism), since such patients may increase dosage on their own initiative.

Chronic abuse of this drug can lead to marked tolerance and psychic dependence with varying degrees of abnormal behavior. Frank psychotic episodes can occur, especially with parenteral abuse. Careful supervision is required during drug withdrawal, since severe depression as well as the effects of chronic overactivity can be unmasked. Long-term follow-up may be required because of the basic personality disturbances involved.

PRECAUTIONS

Patients with an abnormal sensitivity may react adversely; discontinue therapy if necessary.

Periodic CBC and platelet counts are advised during prolonged therapy. Long-term therapy of Ritalin in children should be accompanied by repeated medical follow-up including appropriate laboratory tests.

ADVERSE REACTIONS

Nervousness and insomnia are the most common adverse reactions but are usually controlled by reducing dosage and omitting the drug in the afternoon or evening. Other adverse reactions: hyperreflexia, palpitations, headache, dyskinetic, drowsiness, skin rash. Blood pressure and pulse changes, both up and down, may occur; tachycardia may be observed more frequently in children than in adults. A few instances of angina and cardiac arrhythmia have occurred. Abdominal pain and weight loss during prolonged therapy have been reported and may occur more frequently in children.

DOSEAGE AND ADMINISTRATION

Administer orally in divided doses 2 or 3 times daily, preferably 30 to 45 minutes before meals. Dosage will depend upon indication and individual response.

Average dosage is 20 to 30 mg daily. Some patients may require 40 to 60 mg daily. In others, 10 to 15 mg daily will be adequate. The few patients who are unable to sleep if medication is taken late in the day should take the last dose before 6 p.m.

In children with minimal brain dysfunction, as an aid in general management, start with small doses (e.g., 5 mg before breakfast and lunch) with gradual increments of 5 to 10 mg weekly. Daily dosage above 60 mg is not recommended. Paradoxical aggravation of symptoms or other adverse effects are indications to reduce dosage or, if necessary, to discontinue the drug.

HOW SUPPLIED

Tablets, 20 mg (pink) bottles of 100 and 1000.

Tablets, 10 mg (pink) bottles of 100, 500, 1000 and Strip Dispersers of 100.

Tablets, 5 mg (pink) bottles of 100, 500 and 1000.

Consult complete product literature before prescribing.

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